

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

May, 1933

\$150
A Year

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

April 20 to May 19

The spirit of joy is now poured out upon me in many blessings.

The joy of health and happiness in Christ fills my body with new life, and I am made whole.

The love of the cheerful giver is expressed in me, and I feel Spirit pouring out its plenty into all my affairs.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold yourself as a son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of **UNITY DAILY WORD**, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

I THINK HEAVEN IS A SIMPLE THING

I think that heaven is a simple thing,
Simply opening eyes to another day.
Sitting up, in wonder, to find the sun
So bright, and birds all singing.
Searching in memory only to find
Happiness there and things friends used to say.
Surprised to find a new beginning;
A brand new page without the index to the past.
I think that heaven is a simple thing.
Simply that of knowing God at last!

—*Mary Newton; Cass County Democrat.*

AN UPLIFTING TREATMENT

I SEE YOU, (name), above, transcending your past. I see you unweighted, free; I see you as complete Spirit. Nothing can be added to you; nothing can be taken from you. I see you as health. You are one with universal health. Nothing can spoil universal health. It is God putting away disease. I see you as omnipotence. Nothing can defeat omnipotence. It puts aside weakness and shows me God working before me for you, and through you, and by you, for ever and ever. You face me as God, unweighted, unattached, unspoiled for ever and ever. I see you as wisdom looking toward me to speak by you of your heavenly wholeness and peace. I see you as peace. I see you facing me as peace that the world cannot take away. I see you as peace putting aside discord. God is showing peace now with its touch on your outer life at every point. You are free God becoming visible for my sake, that Truth may prevail.

By the grace of God Almighty—by the grace of the Holy Ghost—by the grace of Jesus Christ now falling upon you and working in you, I command you to show yourself to all the world as untainted health and free omnipotence from this day forth.—*Emma Curtis Hopkins.*

SPIRITUAL ALTITUDES

FROM a great height we see things as quite different from what they appear to be when we view them from a lower level. Altitude tends to level the things beneath us. That which has seemed tall and important loses much of its significance when viewed from a great height.

As we increase in spiritual consciousness, we develop the ability to rise to a higher spiritual altitude when we need to take a commanding aspect of life. We see fear and adverse beliefs in a new light. We behold them as native to a lower level of thinking and having no relation to us in our proper place of vantage.

At this higher spiritual altitude we have two realizations. We have a sense of victory over that which lies at our feet, and we also realize the unimportance of many things that we encountered at a lower level. In the higher consciousness, we realize that God in us is greater than that which is about us or beneath us. We realize, in contemplating the inner life, that we are master of that which is external to us.

If you have a problem to solve, a situation to meet, take the spiritual way out, rise to the higher spiritual altitudes. From the higher level you will see just what to do. In spiritual consciousness, you will make contact with the Spirit of wisdom and see things from the standpoint of Spirit. If you have given too much consideration to something that is as nothing in the eyes of Spirit, you will see this situation

in its true light. If you have let something of importance escape you, this will be revealed to you.

For instance, if you are unhappy today, you are so because you have allowed yourself to go down into the valley of despair. You have let yourself go down into a consciousness of shadows when you should have risen to a consciousness of light. You have entertained beliefs in the power of external things when you should have risen to a realization of your innate supremacy over things of the world.

The thing that you may be worrying about today, when viewed from a greater spiritual altitude, will be as nothing to you. Furthermore, at spiritual heights you will see your power to transform conditions to your liking. Bear in mind that you cannot do this at a lower level. On the plane of consciousness where you believe in material conditions as having power over you, power to make you unhappy or to harm you, you will see things in this light. Only by rising to a higher consciousness can you take command of your affairs and your world.

On a lower plane of consciousness, man believes in disease as something having power over him, able to consume him. He thinks of himself as susceptible to the ravages of the material world. When he rises in spiritual altitude, he realizes that he is Spirit, not subject to material disintegration.

Many times persons who are material minded are critical of those who take the spir-

itual view of life. Those who have not climbed to a high altitude and viewed the valley from there, can scarcely comment upon the vision to be gained from a great height. The high vision gives us an outlook that must be experienced in order to be appreciated.

If you have friends who appear to exist in the valley of fogs and mists, help them to rise to the consciousness of light and understanding. Share with them the Truth of life. Find some way to reveal to them the advantages of viewing life from spiritual altitudes. Help them to rise out of their beliefs in fears and adversities.

Your attitude toward life determines what life will yield to you. You can live on a low level or on a higher one. You yourself determine what your life will be by your outlook upon it. The higher you ascend in consciousness the higher up the scale of life do you ascend. Through your consciousness of life and joy and blessings you enter into the possession of these. Through your realization that these are yours in Spirit you bring them into manifestation.

Practice rising to spiritual altitudes. Rise above the petty things that seem to annoy. Rise to the realization that Christ in you is victor over everything of the world about you. He within you inspires and urges you to take ground high in spiritual altitude and to view life as it is seen from the standpoint of Spirit and of Truth.

THE PRESENT MOMENT



HERE WILL never be a more propitious time in which to enjoy the blessings of God than the present moment. If you are looking forward to some future time to enjoy life, if you are thinking that tomorrow will be a more favorable season, disabuse your mind of such thoughts and be joyful today. Be receptive to the blessings of God. Enjoy yourself right now.

The present moment is the only time that Spirit knows. In the timeless time of Spirit, the time in which there is no record of yesterday's mistakes and no urge for us to hasten on toward tomorrow, Spirit prompts us to live life to its fullest, right in the present moment.

Have you ever realized that we do not know any life except that of the present moment? Tomorrow is as nothing to us until it becomes the present moment. What we refer to as the past according to relative values of time is gone from us forever. The past can never become the present moment to us. The present moment is always fleeting.

If at the present moment you let unpleasant memories of the past fill your mind then your great moment of freedom and unlimited possibilities becomes shackled to the dead past. You cannot rise any higher than your inspirations of the present moment. If you allow yourself to be in bondage to the past or to be enveloped in daydreams of the future, then the present moment means nothing at all to you.

At the present moment you are to think new

propriate blessings. If one finds that on, dis- joyful f of God. e that rit, the erday's toward to its t know ment? becomes as the is gone become moment easant in your possi- . You sions of f to be ped in nt mo- nk new and vital ideas. The present moment becomes like the past to you if you let old, crystallized, and useless ideas fill it. It becomes the moment of unlimited possibilities only in the case of your realizing the truth about spiritual time and its blessings in store for you.

The greatest blessing that heaven can bestow upon you is an inspiration for the present moment. This comes to you right from the heart of God. It is an inspiration of light, peace, joy, love, health, and plenty. Through this inspiration you bring the blessing you most desire right into manifestation and visibility.

You can only assure your future happiness by not living in the thought of the future, but in the present moment. Each moment that succeeds the present one will be a happy one for you. Remember that you know only the present moment. You need not worry about tomorrow, a future life, or tomorrow's provisions. If you look after the present, your happiness will always be assured.

The roll of film going through a motion picture machine has but one bright spot. That is the tiny picture in place before the light. The film that has gone through the machine and the film that waits in prospect are dark and dead. But one little picture comes before the light at a time. But one little picture can be seen by the observer. If you try to remember that section of the film that has past, if you try too hard to anticipate what is coming, you lose sight of the

picture before your eye.

Living in the present moment has its rewards. Living in unpleasant memories of the past, living in the future, causes us to lose sight of the present. We let today's blessings escape us when our thought is given to retrospection or to too much anticipation. We but shirk our duty to be happy today when we put off being happy until tomorrow. We let some futile argument overpower us when we believe that we cannot be happy today, cannot enjoy life in its fullest right here and now.

Grasping the high truth of living in the present moment we lose many of our worries and cares. Many of us might find giving up thoughts of yesterday or dreams of tomorrow rather a sacrifice, but in the way of Truth we have no choice. Today is the only time. Speaking in a more metaphysical sense, according to spiritual values there is but the present moment.

Do not let your thought of the present moment be sullied by some limited belief you held a moment ago. Take a fresh hold on life. Think new thoughts. The bright and shining new thought you receive right now, the heavenly inspiration that comes to you, has power to transform you into a new creature. You have power at every moment in your life to think some new and inspiring thought, to see life from a new standpoint, to take a fresh grasp upon living.

You can renew yourself mentally and physically if you accept this message.

BLIND ALLEYS AND OPEN THOROUGH-FARES

FEW OFTEN we hear some one say, "When I came to the end of my own resources, I turned to God." Another may express it in this way: "I was in a desperate situation, could not turn to the left or right, and could not go ahead. The only thing left for me to do was to about face, to face God in the situation."

The French term for a blind alley is *cul-de-sac*, carrying the thought of "bottom of a bag." In our human experiences, we get into many a *cul-de-sac*. Oftentimes there are no signs showing how to detour, how to extricate ourselves from difficult situations. Finally we realize that we have to turn around and face God, face Truth. We may not know how to proceed or what will happen. We only know that when we finally face God, we face the light and that the way will become an open thoroughfare from then on.

Life, in some respects, is like motoring on a busy thoroughfare. There are the red lights of danger, the amber lights of caution, and the green lights that open the way. There are times when we must stop for a while, times when we must let others cross our paths, times when we must go ahead with speed. Courtesy, the rule of the road, must be our principle of life.

The little detours in life often present strange experiences but the faithful student of Truth always knows that somehow, in some

way, he will get back to the main highway. At times he may seem to have to take a rough and untried way but, eventually, he gets back to the smooth and easy path.

If man's inner ear were always attuned to the wisdom of heaven, he would not have hard experiences in life. He would not find himself in blind alleys, at the bottom of the bag, in difficult circumstances. God's way for him is the open thoroughfare. It is the way of understanding, harmony, happiness, health, and success.

If today you find yourself in a blind alley, uncertain as to what to do and where to turn, about face! Turn in thought to God within you. You will discover why you attracted the experience. Spirit in you will reveal the easy way to you. You will be shown the open thoroughfare, the way of light.

A study of the Truth of being as revealed through Christ consciousness shows us the way for us to proceed. We always know just what decision to make when we are in Christ consciousness. The path before us is revealed to us. The way is opened.

A blind alley once discovered can be avoided after one experience in it. The careful driver does not allow himself to get into an unfortunate experience the second time. The overcomer in Truth need not have a repetition of adverse experiences.

THE FACADE OF PRETENSE

MANY A PERSON goes through life pretending. Possibly there are subconscious fears which cause the individual to try, for instance, to be brusque. Certain subconscious beliefs make him appear to be something that he is not. He may think it is weak to be gentle and loving; so he pretends to be hard and unyielding.

The study of Truth reveals to man what he is in reality. If in ignorance of Truth he has assumed the character of an invalid, he is taught to throw aside the disguise and to let himself be revealed as he is in Spirit, the son of God. If the characterization has been that of fear personified, he is taught to know that the divine person in him is altogether courageous and strong.

The exterior of pretense must be pulled away in order to reveal the real man. The inner life alone can cause the outer life to glow with the light of the great within. The great shams of existence must be torn aside to reveal the beauties that lie back of them.

We recall an American expression of slang which conveyed this thought, "Be yourself." Viewed from the standpoint of metaphysical understanding, what a mighty thought and admonition is conveyed in these simple words! To be yourself would be to know the real self within you, to let God shine through. This is the ultimate of all spiritual understanding and endeavor. To be no longer a thing of fear, disease, and failure, but to be something altogether

lovely, altogether mighty and strong, would be the attainment of the goal we seek to reach. When we become altogether wise, altogether Christlike, what more can be desired?

When we lay aside the masquerade of fear, disease, and failure, we exchange it for something else. We realize that in Spirit we are the personification of light, peace, joy, love, health, and plenty. The divine person within us, the impersonal Christ, gives us that individuality which expresses the dominant qualities of the indwelling Spirit.

When you cast aside adverse and limited beliefs, you rid yourself of pretense. You get rid of that in you which is not founded on Truth. You give yourself a more substantial and pleasing background because you discover that back of you is the perfect idea of the divine man.

The purpose of the study of Truth is to get rid of misconceptions. We disabuse our mind of that which is not true. We have done with falsity, pretense, and unreality. A new standard of life is accepted. We realize in our heart of hearts that we are something true and real and eternal. In turn, we help others to remove falsity from their minds and from their lives. They, too, show forth their indwelling reality and abiding Truth.

The study of Truth gives us a feeling of being genuine. We discover within us something that cannot be shaken, disturbed, or changed.

MONDAY, MAY 1

God, the good, is now enthroned in my mind and in my heart, and I know that in Truth there is only God, only good.

WHEN WE take God as our standard, we realize that in reality there is only good, only the presence of God. With our thought upon the good, we give less and less emphasis to that which we have thought of as evil or unlike God. We begin to feel that in Truth there is only the presence of God and we seek to see only good.

Have you been in the habit of thinking of evil as something that exists in your world? Have you thought of evil as something that exists besides the omnipresence of good? Do you look for evil or try to fight it? As long as you look for evil or recognize it as something, just so long will you find it and experience its presence.

In place of viewing something as evil, try to see some good in it. View the good until it increases and you see only good. Instead of thinking that evil (or the absence of God) can have reality, being, and existence in your life, realize that in Truth there is only the presence of God.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*

TUESDAY, MAY 2

*I no longer doubt the power of God.
I have perfect faith in Him and in His
power to establish good in my life.*

UR LESSON on faith today will challenge us to give up all doubt and unbelief and to increase our faith in God, the good. We clear from mind the most subtle doubt and replace it with abiding faith. We free ourselves from belief in evil and become established in faith in the good.

Man's experiences in life are closely connected with his faith. He finds that what he believes in becomes a part of him. He discovers that if he believes in disease and failure these become part of his life. He finds that when he changes his faith in these, when he no longer believes in them, they cease to exist for him.

What do you believe in? Do you think that adversity has some power over you? Does your faith in it overbalance your faith in God and Truth? Does your faith draw you right out of adversity into the very presence of God? By faith you can lift yourself out of inharmony, fear, disease, and failure. By faith in God you can emerge into the very presence of God, the presence of that which you most desire to have manifest in your life.

Jehovah preserveth the faithful.—Psalms 31:23.

WEDNESDAY, MAY 3

The joy of the Lord fills my heart and overflows into my world.

WHEN we find the presence of God within us, we find the presence of joy. Our mind is turned away from all belief in sorrow and depression. We cease to think of ourselves as being identified with sorrow. We realize that we are at one with the joy of the Lord.

The person who lives in a state of dejection and depression does so because of his mental attitude. His environment but reflects the nature of his mind. His depression is but the outer expression of his depressing thought. There can be but one remedy for him: the joy of Christ. All that he needs is to experience the presence of the Lord within and about him.

If you would be joyful, turn to Christ within you. If you would be free from sorrow and depression, free yourself from depressing thought. Never feel that you are justified in entertaining a thought which depresses you. Never believe that you should turn over and over in your mind an incident that engenders sorrow. You serve God only when you let Him inspire you to joy.

Let yourself be conscious of the presence of God and nothing can depress you.

God my exceeding joy.—*Psalms 43:4.*

THURSDAY, MAY 4

*There is no more fear in my heart.
The courageous presence of Christ within me makes me unafraid.*



HOUGHTS of fear cannot master us when we feel that we are mastered by Truth and Christ. In this consciousness, courage fills us completely, and we are unafraid. We surrender those fearful thoughts that have held us in bondage. We yield those beliefs which stir up fear about persons and things. Giving up fear is most important if we are to experience the full Christian life.

Cease to think that external things can harm you. Be no longer affected by beliefs in fear. Give less and less thought to external things. Turn your thought to the presence of the Spirit within you. Let yourself be filled with the presence of divine courage.

Getting rid of fear is a matter of becoming filled with the truth of Christ's presence of courage. We lose our grasp on fear, and it no longer has hold of us. We drop it when we accept Truth. Since the fear thought is one of our greatest enemies, we experience the greatest relief when we let go of it.

*Fear ye not, stand still, and see the salvation of Jehovah, which he will work for you to-day.
—Exod. 14:13.*

FRIDAY, MAY 5

I now clear my mind of thoughts of worry and anxiety. I realize that God is taking care of me and all my affairs.

ANXIETY never comes from the mind of God. The thoughts of anxiety that we think are rebellious against Truth. A worrisome thought never comes from trust in God. When man trusts God completely, he has no occasion for worry. When he gives himself to Truth and to God, his worries disappear.

Are you worrying today? Cease to believe that things and persons cause your worry. You worry because you get into the consciousness of worry and in that state translate persons and things into the language of worry. You can prove this statement by the fact that as long as a person worries he is sure to find something about which to worry. The true state of the object of his worry does not matter. The worrier just worries, regardless of the truth, until his consciousness is changed.

Letting God take care of us and our affairs is an antidote to worry. We cannot trust him and at the same time believe that He will permit evil to come to pass. We cannot entertain thoughts of anxiety and at the same time have our mind filled with thoughts of God.

In nothing be anxious.—Phil. 4:6.

SATURDAY, MAY 6

God, the law of good, the principle of Truth, is the only law that I recognize in my life, and I am freed from all belief in adverse laws.

 **D**O YOU believe in laws of disease, laws of failure, laws of various kinds preventing a full expression of your freedom? The race man makes many laws that hold him in bondage. The man of Spirit recognizes but one God and one law, the law of good.

Instead of thinking of a law of disease, think of God as the law of your health. Instead of thinking that disease can operate in your body as cause and effect, realize that God as good is the only cause and effect, the only operation of law. In Spirit, there is only the principle of good.

With man's civilization seemed to come his inclination to make laws of limitation. Now he is engaged in freeing himself from them. He has believed that if he sits in fresh air he will be ill. He has thought that if he did not follow some orthodox rule of finance he could not prosper. Now he looks to a higher law, the law of Spirit, for his health and prosperity.

The ordinances of Jehovah are true, and righteous altogether.—Psalms 19:9.

SUNDAY, MAY 7

The love of God fills my heart and all bitterness is cast out. Love is in me, and I am in love.

 LOVE has power to wipe out all bitterness and personal animosity. When we feel the love of God within us, we cannot feel bitterness or hate. When love expresses itself through our hearts, we cannot be unloving toward any living thing.

Love is healing in its work. It heals us of adverse thoughts. It removes hate and in its place establishes itself. Love directs us to think loving thoughts. The Spirit of God within us inspires us to love, and in obedience we yield the unloving thought.

Our attention must be directed to the presence of God as love within us. As we abide in love, we realize that it is within and about us. We find that in Spirit there can be nothing but love. We see that our thought must be filled with love at all times. Love fills us when we are conscious of being utterly filled with the presence of God.

The love of God is constant. It does not waver. It is not modified by personality. We do not limit the measure of our love because of personal appearances. Love works miracles.

To them that love God all things work together for good.—Rom. 8:28.

MONDAY, MAY 8

*I give up thinking adverse thoughts
and let the mind of God, the mind of
Truth, be active in me.*



HERE IS but one Divine Mind, one spiritual consciousness. Adverse thoughts do not proceed from this one mind of Truth. The belief in sin, disease, fear, and failure does not come from Divine Mind. Such beliefs are the antithesis of Truth and the consciousness whence they issue is opposed to spiritual consciousness.

The adverse thought comes from man's inclination to think of human experience in terms of opposites. Not content with the truth about love, he thinks in terms of hate. Instead of accepting the truth about health, he turns the thought of disease over and over in his mind until it appears to have reality equal to health.

You will give up adverse thinking when you accept Truth. You will no longer have any desire to think of opposites of Truth. You will yield beliefs in disease to think the truth of health. You will give up adverse thoughts in order to let the mind of Truth speak through you. You will rise out of the consciousness of adversity in order to abide in the one spiritual consciousness.

I of myself with the mind, indeed, serve the law of God.—Rom. 7:25.

TUESDAY, MAY 9

I am patient because the Spirit of Christ within me inspires me to patience.



THE IMPATIENT person plainly shows that he does not trust in God. He shows that he believes that time or some external agent will conspire against him and prove mightier than the power of God. He is impatient because he thinks that God will not come to his rescue before evil in some form can manifest itself.

When you are impatient, place the cause at the door of distrust. Increase your trust in God. Cease to believe that his help will fail to arrive in time to deliver you from calamity. No longer think that God will be thwarted in His action. Do not try to think just how God will deliver you and be impatient if help does not come according to your specifications.

Being patient, you can free yourself from all tendency to want to give Spirit a shove. Even when you need spiritual help most and when it appears to be slow in reaching you, you can know that God is working silently and surely. You can increase your trust in God and at the same time increase in patience.

The patient in spirit is better than the proud in spirit.—Eccles. 7:8.

WEDNESDAY, MAY 10

Nothing external to me can affect the peace of God within me. I am at peace with myself.

 **N** TRUTH we learn that persons and external things have no power over us. We find that there is within us a deep peace that nothing external to us can affect or shake. We discover within ourselves the very peace of God. We see that nothing in all the world can take God and His peace from us.

What takes your peace from you? The belief you entertain that the state or acts of external things or other persons can affect you. The belief that for some reason or other your peace depends upon them. Do you not see that your change of viewpoint and not the external change is the cause of change from peace to inharmony? Peace is entirely mental. Your change of thought is alone responsible for any change from peace to irritation and disturbance.

The peace of God within you always awaits you. You have to be peaceful in mind in order to find and to appreciate it. To be peaceful in mind you need to keep yourself charged with naught but peaceful thoughts. You need to abide in the consciousness of perfect harmony.

Thou wilt keep him in perfect peace, whose mind is stayed on thee.—Isa. 26:3.

THURSDAY, MAY 11

The life of Christ within me inspires me to rise above all sense of weariness, and I am thoroughly alive.



CONSCIOUSNESS of life within us helps us to dispel all belief in weariness, lack of vitality, disease. We find the life of Christ within us and through it rise to the consciousness of being thoroughly alive. In this realization we cannot believe in a limitation of life.

Rise out of the belief that you can lack life and vitality. Rise above the thought that your measure of life can be limited. The life of Christ within you is never depleted. It is sufficient to keep you thoroughly alive at all times. This life is your life, and you can enjoy it only through consciously relating yourself to it.

The life of Christ fills and thrills you with itself, inspiring you to cease believing in weariness and disease. This life is an antidote to all belief in physical limitation. When you know that you are unified with the life of Christ, you cannot feel that you can become weary.

Living in the realization of your oneness with the life of Christ, you find that you are alive mentally and physically.

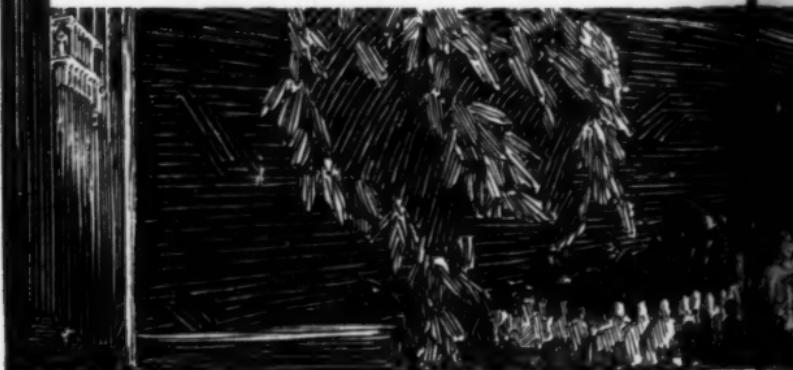
As the Father hath life in himself, even so gave he to the Son also to have life in himself.
—John 5:26.

They Who Bear

Oh, they who carry high the torch or bear light
Find not a shadow on their path, they are the light
From out their torch the light of God is ful
And darkness changes into light, the night turns

They bear within their hearts the Light of the world
Their souls are touched with heaven's fire of glory
Their bodies radiate a glow, an aura like a fire
Of iridescent fire and beauty: heaven's light

They go their way, their souls on fire above
Of those who know the secret doctrine of salvation
And when they pass one in the dark hours
And he in turn arises, shines, goes forward



are Light

urch or be a light before
h, they see the dark no more.
of God is full upon their way,
t, the night turns into day.

the Light-^{es}, truly, heaven's Light!
aven's fire glorious, warm, and bright;
n aura is a flame
heavenlight, the same.

on fire a burning with the zeal
doctrine heavenly lights reveal;
e dark he countenance turns bright
oes forward in the light.



FRIDAY, MAY 12

*I am free from all sense of limitation,
because the Spirit of Christ in me is
eternally free.*

WITHOUT freedom, man could not express God. God exists without limitation, without being circumscribed, knowing no curb upon His full expression. Man, likewise, is created free. When he understands the truth, he frees himself from all thought of bondage.

If you would be free, set yourself free first in mind. Disabuse your mind of all belief in limitation. Free your mind from any thought that you are limited or bound by mortal thought. When the thought that you are limited in any wise comes to mind, deny it, and replace it with Truth.

The Spirit of Christ in you sets you free. Jesus came proclaiming the truth of your freedom in Him. He knew that nothing could bind you but yourself. He shared with you and with all men that high consciousness of freedom which knows neither bondage nor limitation.

If you would be free from fear, disease, and failure, enter that high realization that frees you from all relation to these.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—I Cor. 7:22.

SATURDAY, MAY 13

New thoughts now fill my mind and charge my whole being with newness.



F YOU entertain only old, useless, and crystallized ideas, you become crystallized in mind and in body. If you think the same thoughts each day, perform the same tasks in the same way, your mind lacks freshness. Your body soon takes on the nature of sluggishness if your mind is sluggish through monotonous thinking.

Charge your mind with new thoughts. Gradually replace useless ideas with new ones. A new idea possesses vitality and freshness. Through thinking a new idea, you charge your mind with newness. Your body will soon feel a sense of newness, lightness, and freshness if you think new thoughts.

See your business and your environment in a new light. See your work from a new standpoint. Think of each day as opening a new work to you and perform each task with zest, as if you had not done it before. In this way, you will find a new significance in life. Life will take on a new meaning because you will view it in a new light.

Let your new thoughts reveal new interests in life to you. Let new ideas revitalize and recharge your mind and your body.

He hath put a new song in my mouth.—*Psalms 40:3.*

SUNDAY, MAY 14

I cease to think of my personal imperfections and direct my attention to the Christ-man idea in me now manifesting itself as my own perfection.

ARE YOU inclined to think a great deal about your shortcomings and imperfections? Do you often lose sight of the perfection of the Christ idea implanted within you? Does your seeming imperfection appear to be more real than your innate perfection? You cannot become perfect through thinking of your shortcomings. You cannot get rid of imperfection through meditating and concentrating upon it.

The idea of the perfect Christ man was implanted within you in the beginning. You may have personal ideas about imperfection but the truth of the divine idea persists. Eventually you will turn to the truth and concede your perfection in Spirit. You will become perfect even as the Christ-man idea in you is perfect. You are evolving mentally and physically toward perfection.

The perfect idea of you always exists in Divine Mind, in spiritual consciousness. Enter the high realization of your perfection. Think the idea of perfect man and realize that in Spirit you are this perfect one.

Let us press on unto perfection.—Heb. 6:1.

MONDAY, MAY 15

*I now discover within myself heaven,
the realm of perfect harmony.*

DO NOT think of heaven as something apart from you, as existing in some distant place. Realize the truth that in Spirit heaven is within you and that you, in turn, abide in it. Know that you cannot be separated from heaven on account of time or space. Heaven is the realm of perfect harmony, the consciousness of the presence of God.

Would you abide in heaven? Then free your mind from every belief that would separate you from heavenly things. Free your mind of all belief in inharmony, fear, hate, disease, and lack. Realize that what you desire is now existing for you in heaven, the place of God's resources. Turn your thought heavenward.

In heaven there is no lack. You cannot abide in the heavenly consciousness and be lacking in peace, joy, love, health, and plenty. You cannot be conscious of heaven and the presence of God and believe in the presence of fear, disease, and poverty.

Seek the kingdom of heaven, spiritual consciousness, and therein find all that your heart desires. Find in the presence of God that which will become your blessing of all that is high and good.

Seek ye his kingdom, and these things shall be added unto you.—Luke 12:31.

TUESDAY, MAY 16

The power of the Spirit of God within me gives me power to do all things in His name.



THE POWER of God within us is the power we utilize when we go forth to accomplish that which we are inspired to do. This power is always sufficient for all our needs. We cannot believe that we lack in power when we realize that we are at one with the very power of God.

If you are inclined to think of yourself as powerless to act in some situation, turn your thought Godward. Turn in thought to the presence of Spirit within you and realize that you are identified with its power. Know that this is the power that makes you wise, joyful, loving, healthy, and prosperous. Through the power of God you can do all things.

The power of God quite naturally is bestowed upon you, His child. He would not create you and leave you powerless. He has endowed you with the ability to do all things in His name. You have but to turn to Him in order to feel yourself filled with power from on high.

The Spirit of God gives you power over every limited and adverse belief. You are victor over your world.

Ye shall receive power, when the Holy Spirit is come upon you.—*Acts 1:8.*

WEDNESDAY, MAY 17

My body is the temple of the living God: the temple of His presence, health, and perfection.

YOUR BODY is the embodiment of all the perfect ideas in the mind of God. Within you are embodied the thoughts of life, health, strength, and perfection. Your body is the manifestation of thought. If you entertain only thoughts of Truth, then your body becomes a true representative of perfect thought.

Many persons manifest in their body thoughts of fear, disease, weakness, and imperfection. They express in their body thoughts in opposition to the Truth of God. Through error thought they manifest disease. Truth comes to them as a deliverer from disease, corrects their thought, and restores them to the consciousness of health.

Think of your body as it exists in Truth. Correct your thought, and entertain only such thoughts as will keep you in perfect health. Unify yourself with the inner consciousness of health which fortifies the body with life and strength. Abide in the realization that your body is the temple of God, filled with His presence and His life. When you abide in this truth, your body will manifest perfect health.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—*I Cor. 3:16.*

THURSDAY, MAY 18

The presence of Christ within me exalts me above every belief that would cast me down. In Christ, I am exalted.



THE CONSCIOUSNESS of exaltation lifts us above every thought that would cause us to lose sight of the presence of Christ within us. We cannot be cast down when we know that this presence is ever exalting us. We cannot be debased by ignoble thoughts when we realize that through Christ we are ever exalted. The great truth of our eternal exaltation comes to us when we realize that in Spirit we can never be cast down. In Truth we always exist in the presence of Christ. Let us always keep our eyes fixed on Him in the midst of us.

When you are inclined to believe that some person, thing, or circumstance can debase you, realize the truth of your exaltation. Ascend to the high consciousness in which you live with the ever-living, ever-exalted Christ.

Right at this moment rise above every debasing belief. Rise above every thought that would bind you to fear, sorrow, disease, and failure. Through Christ you can rise above all limited beliefs. Your place is in Him, in heavenly consciousness, in the realization that He ever exalts you, ever lifts you up. Beneath you are His loving arms.

Arise, shine.—Isa. 60:1.

FRIDAY, MAY 19

The light of the Spirit of God within me frees me from ignorance, and I am illumined with all Truth.

WE SHOULD never think of ourselves as confused, ignorant, lacking in intelligence. We should ever realize that we have within us the very light of God, the torch of life He has placed within us. He would not create us and leave us in a world of ignorance, confusion, and darkness. We are His children of light.

If you want light upon some subject, turn your thought Godward. Turn to the light of God within you and have revealed to you the knowledge or the means by which it will come to you. Develop your powers of illumination and intuition and the power to receive revelation. Know that you have within you the power to develop in understanding, to gain all wisdom.

Material-minded men think of themselves as being guided by "hunches." The person established in Spirit knows that he is spiritually guided and led. He knows that there is within him that which will always guide him aright.

The information you seek exists in the inner recesses of your mind. Turn your gaze to the Spirit of light and receive your direction.

It is God, that said, Light shall shine out of darkness, who shined in our hearts.—II Cor. 4:6.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

May 20 to June 19

FOR ILLUMINATION

I am Christ light manifesting in substance.

FOR HEALING

Christ substance fills my mind and restores my body to health and wholeness.

FOR PROSPERITY

The inner spaces of my mind now lay hold of Christ substance, and the overflow makes prosperity manifest in all my affairs.

SATURDAY, MAY 20

*Streams of health flowing within me
from the Spirit of health now cleanse,
vitalize, heal, and strengthen me.*

WITHIN YOU is the very fountain of life and health. Its streams will purify your mind of all adverse belief and bestow health upon your body. You cannot be weak or diseased when you are conscious of these healing streams. They will bless you with abounding health.

Some persons do not easily connect themselves with the life stream. They do not become conscious of its presence. They have some subconscious doubt or some adverse belief which acts as a barrier to the healing forces. They need to clear their minds of doubt and to realize the presence and power of the healing Spirit.

If you would be strong and healthy, cultivate the ability to rid yourself of beliefs in disease and to connect yourself with the presence of Christ within you. Discipline your thinking and unify yourself with the streams of health within you.

The healing presence of Christ within and about you ever seeks to quicken you to a consciousness of perfect health. You do your part by ridding yourself of adverse belief.

I will restore health unto thee, and I will heal thee of thy wounds.—*Jer. 30:17.*

SUNDAY, MAY 21

I am prospered this day, because the very Spirit of plenty quickens and urges me to prosperity.

WE NEED not fail or experience lack when we know the deeper truths of God. The Father who created us is ever ready to help, to sustain, and to nourish us. He does this through quickening us to the consciousness of rich ideas. He quickens us to know that His will for us is success and plenty.

Give up the thought of lack or failure that you may be entertaining and God will replace it with a thought of success and prosperity. He will give you the idea that will lead you to greater prosperity. He will reveal to you the position that you cannot find. He will show you how to improve your business, how to make it prosper, how to cause it to manifest the very riches of His kingdom of plenty.

The prosperous person has a consciousness of prosperity. He realizes that he is able to supply all His needs through the power of God within him. He knows that from his prosperity thought he can produce that which will supply all his needs.

Keep therefore the words of this covenant, and do them, that ye may prosper in all that ye do.
—Deut. 29:9.

MONDAY, MAY 22

*I relax from all stress and strain,
knowing full well that all things are now
working toward my highest good.*

RELAX from stress and strain by relieving your mind of those tense thoughts which cause tension in the body. Free yourself from those beliefs which give you a sense of physical strain. Practice the silence often. Enter into the consciousness of your being apart from every disturbing belief or situation. In Truth nothing in all this world has power to make you tense; realize this.

Relax in mind by disabusing yourself of those beliefs about persons and external things which seem to give them power over you. Know that you are mightier than all about you. Realize that Spirit within you cannot be affected by external things.

Relaxation in your body will follow relaxation in mind. Your muscles and nerves will relax when you no longer experience mental tension. Practice several times daily the art of relaxation. When you seem to be tense, when things of the world seem to disturb you, let go, relax.

The presence of God within you is ever the presence of peace and harmony. Turn your thought to God and cease to think of things as able to disturb you.

Ye shall find rest for your souls.—*Jer. 6:16.*

TUESDAY, MAY 23

The Truth of Christ is the Truth of my life, and through it I have power over every false belief. I abide in Truth.

JESUS gave us the Truth which saves us from all falsehood. Through Him we cease to believe that fear, disease, and lack have presence and power in our lives. His Truth established in our consciousness inspires us to courage, love, joy, health, and plenty.

The Truth of Christ came to free us from those thoughts which formerly held us in bondage. The truth about health frees us from the belief in disease. The truth about anything reveals to us what is not and cannot be true. The truth about our likeness to the Father reveals to us the falsity of the belief that we are created in the image of sin, disease, and death.

Students of Truth study it in order to correct their thinking. They seek to remove from mind those thoughts which they have found to be untrue. They seek to establish in consciousness the Truth of their being, the Truth that Jesus reveals to them through spiritual consciousness. This Truth is an antidote to false beliefs.

Truth delivers us from the adversities arising from misconceptions. We are freed from our mistaken beliefs, the beliefs that cause misfortunes.

God is true.—John 3:33.

WEDNESDAY, MAY 24

The Spirit of wisdom reveals to me the path I should take. My way is one of joy and plenty.

WE NEED not be undecided as to the way we should go or the path we should take. In Truth there is but one way to go, and that way is revealed to us when we are established in Truth. The Spirit of wisdom reveals to us the right path. The hand of God points out to us the direction we should go.

If you seem to be standing at the fork of the road, if you are undecided about which step to take, if you are uncertain as to decisions, turn the matter over to the Spirit of wisdom within you. Know that within you is the power that is mighty to direct and to guide you. Realize that you have within you the power to show you just the right step to take. You cannot be undecided when you realize this.

The Spirit would direct you into a path of joy and plenty. You go the way of sorrow and defeat when you do not follow Spirit's guidance. You find yourself in the path of confusion and discouragement when you do not go the way that Spirit has prepared for you. Turn your attention to the presence of God within you, and be guided and directed into that which is for your highest good.

He will teach us of his ways, and we will walk in his paths.—Isa. 2:3.

THURSDAY, MAY 25

Christ within me is ever ready to forgive, and I too forgive readily and thoroughly.

ORGIVENESS is a matter of mental and spiritual education. The mind is disciplined to think in a certain fashion through spiritual understanding. Instead of holding another in a thought of condemnation, we hold him in a thought of freedom, wisdom, and faith. We free ourselves from the habit of thinking thoughts of accusation and instead think thoughts of Truth.

You can forgive easily when you have learned to put out of mind the accusing thought and the belief that another can injure you. You learn to deal with your own thoughts and not with other persons. You find that as long as you believe that another can harm you, just so long will others say and do things that disturb you.

Christ within us is a Spirit of forgiveness. When we cease to think of things in a personal way, when we let the Spirit of truth and love within us have full sway, forgiveness comes easily. When we lose sight of the thought of accusation and injury, the way for forgiveness is opened.

Her sins, which are many, are forgiven; for she loved much.—Luke 7:47.

FRIDAY, MAY 26

I no longer condemn others, neither am I condemned. I recognize in all persons the Spirit of truth and love.

WHEN YOU condemn a person, you think or speak adversely against God's creation, for such he is in Truth. When you fail to see the good in him, you refuse to recognize the Spirit of good manifesting itself through him. You look at what you call a man of sin when you should behold the man of Truth.

To condemn another is to place yourself in the position of passing judgment upon him. When you think of him in a critical way, you put yourself in a position to be criticized, too. If you condemn others, you cannot object if others condemn you. Getting into the consciousness of condemnation, you invite it to you.

To get an exalted view of man, to behold what he is in Truth, will help to free you from the habit of condemnation. If you learn to behold the Christ in man, you will not be inclined to condemn. If you train yourself to look for the good, you will not seek the evil. If you magnify the good in another, you will not be able to find fault with him.

The consciousness of Truth and love helps to set us free from condemnation.

Behold, the Lord Jehovah will help me; who is he that shall condemn me?—Isa. 50:9.

The stillness and quietness of Christ within me makes me still and quiet.

URN away from all belief that things of the outer world can disturb you. Turn away from the thought that outer conditions can disturb the calm quiet of your soul. Know that in Truth the things of the outer world cannot disturb the stillness and the quietness of the presence of Christ within you.

Meditating upon the presence of Christ within us we become still and quiet. We lose sight of those outer things which have seemed to be able to disturb us. We no longer think that persons, things, and situations have power to harm us. We know that in Christ we are sure of perfect quiet.

When things about you seem to disturb you, turn in thought to the Spirit within you. Turn away from the thought that outer things have power over you. Realize that in Truth you abide in the calm presence of Christ. Realize that the very calm and quiet of heaven pervades you.

Practice the silence often. Learn to turn away from conditions about you which are disturbing and turn to that inner realm where you know that nothing in all the world can take your sense of stillness and quietness from you.

Take heed, and be quiet; fear not, neither let thy heart be faint.—Isa. 7:4.

SUNDAY, MAY 28

I am able to discern the true from the false, because through the judgment of Spirit within me I judge and discern wisely and well.

 **T**HROUGH the Spirit of judgment, we are able to distinguish the true from the untrue, the good from the ungod-like. Without this power we should accept anything as true, we should accept the seeming absence of good as good itself, disease would seem as real and as true as health.

Through the discerning power of Spirit, we intuitively select that which is good when we need to make a choice. We know whether or not a thing is true when it is presented to us. If something harmonizes and corresponds with the Spirit of truth and reality in us, then we know that it, too, is true and real.

In Spirit we have good judgment. We are able to judge wisely and well. We always make the right decision and the right selection when we let the Spirit of judgment within us decide and select. We are quickened to discern that which is true because something within us recognizes Truth when it is presented to us.

The judgment of Spirit is mighty to judge when, in personal consciousness, you would exercise poor judgment. Let Spirit within you decide.

God is the judge.—Psalms 75:7.

MONDAY, MAY 29

Through the Spirit of authority and dominion of Christ in me, I too have dominion over myself and over my world.

WHEN GOD created us, He gave us dominion over ourselves and over our world. He gave us authority over ourselves through the might and authority of His indwelling presence. Through this knowledge we come to know that nothing in all this world can have dominion over us.

Do you think of adverse thought as having power over you? Do you think of disease, fear, and failure as having dominion in you or in your life? The truth is that no limited belief can dominate you. No adverse thought can prevail in your world. Only the authority and dominion of Truth can prevail.

Many persons live a life of unhappiness because they believe that persons and things have authority and dominion over them. They have more faith in the power of adverse things and external powers than they have in the authority and dominion of Christ in the midst of them. Truth educates them to see the nothingness of external things and their vaunted power and to realize that only Christ has authority and dominion—Christ within! They come to know that Truth alone has dominion.

Behold, I have given you authority.—Luke 10:19.

TUESDAY, MAY 30

I free myself from unpleasant memories of the past and live in the eternal now, the timeless time of Spirit.



ODAY we are to free ourselves from unpleasant memories of yesterday. We are to liberate ourselves from all bondage to time and abide in the eternal now of Spirit. We are to realize that in Truth there is only the present moment.

When you keep in mind unpleasant memories you bind yourself to past situations which, in turn, prevent your going ahead. Your progress is delayed when you cling to the dead past. In Spirit there is only the present time, only right now—no yesterday, no tomorrow. When you know this, you abide in spiritual consciousness wherein time has no place or limitation.

Now is the time to make your demonstrations of Truth, the time to prove the promises of Spirit. In this realization you find that your prayers are now answered. Spirit always has the answer to your prayer ready for you. There is no delay in the consciousness of Truth.

Now is the time to realize that you are at one with God, unified with His blessings. Now is the time to manifest the indwelling presence of Christ as your own presence of spiritual power.

All things are now ready.—Luke 14:17.

WEDNESDAY, MAY 31

In the spirit of thankfulness, I give thanks for every evidence that God is manifesting Himself in me and in my life.

OOK for every evidence of God's appearing in you or in your affairs. Be appreciative of every manifestation of God's blessings. Give thanks in your heart of hearts that God is now becoming manifest in you as that which you pray for and most earnestly desire.

Give thanks today for joy, love, health, and plenty. Give thanks for that which is in evidence. Give more thanks for that which, though invisible, is now coming into manifestation. Be grateful and appreciative for all the good that comes to you.

Give thanks for your knowledge of Truth. Give thanks for the Christ consciousness that Jesus shares with you. Be thankful that you are evolving higher and higher in spiritual consciousness and that you are constantly finding more and more for which to be thankful.

Today give thanks for something which has escaped your notice. If previously you have taken the good things in life for granted, today give thanks for them. Be appreciative that they have come to you.

Give thanks unto him, and bless his name.
—*Psalms 100:4.*

There is a destiny that makes us brothers:
None goes his way alone;
All that we send into the lives of others
Comes back into our own.

—Edwin Markham

UNITY SCHOOL OF CHRISTIANITY,
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